

## Claims

We claim:

1. A method for tracking a menstrual cycle of at least one female person using a suitable microprocessor based device, said method comprising:

storing information associated with said menstrual cycle;

storing and saving information on flow associated with the menstrual cycle;

storing information on moods associated with the person;

storing notes associated with the person or menstrual cycle; and,

automatically monitoring and making projections based upon at least a portion of the stored information associated the menstrual cycle.

2. Apparatus for monitoring the menstrual cycle of a predetermined individual comprising:

a memory for storing information related to said menstrual cycle and generated from statistical data,

an input device for inputting information related to said individual as associated with said individual's cycle and,

means for predicting menstrual events based on associating said input information with said stored information.

3. The apparatus according to claim 2 where said input information is selected from flow, mood and medical appointments.

4. The apparatus according to claim 2 wherein said memory for storing includes a memory located at a remote server and accessible by said individual via the Internet.
5. The apparatus according to claim 4 further including a personal computer device associated with said user and capable of downloading said stored data via the Internet.
6. The apparatus according to claim 5 wherein said personal device is a PC.
7. The apparatus according to claim 5 wherein said personal device is a PDA.
8. The apparatus according to claim 2 wherein said means for predicting menstrual events includes means for predicting menstruation dates, ovulation dates and pregnancy.
9. The apparatus according to claim 4 further indicating means located at said remote server for storing information inputted by said user when connected to said remote server via the Internet.
10. The apparatus according to claim 9 wherein said individual information as stored at said remote server includes information selected from the following:

name and address of said user's physician as well as appointment information,

facts and history regarding said user's menstrual cycle history.